

Stress Buster Bingo

Create positivity by completing these small, yet simple things that will reinforce a healthy mindset. Share over a meal or quiet time what you did that day! Decide what small reward or treat you or your children will get when the card is completed, which equals a bingo.

<p>Listen to a favorite song.</p> <p>What is it?</p>	<p>Text, call or email someone you miss.</p> <p>Who was that person?</p>	<p>Read a story from a positive news outlet or a book with a positive message.</p> <p>What was the story about?</p>
<p>Paint/color/draw.</p> <p>Share it with someone!</p>	<p>FREE SPACE</p> <p>Tell us what you did!</p>	<p>Tell your favorite joke.</p> <p>Share it!</p>
<p>Watch a funny video.</p> <p>What was it about?</p>	<p>Exercise for at least 20 minutes.</p> <p>What did you do?</p>	<p>Do something you enjoy!</p> <p>What did you choose?</p>
<p>Cook or bake a favorite recipe.</p> <p>What did you make?</p>	<p>Write a letter and leave it in someone's mailbox.</p> <p>What did you have to say to them?</p>	<p>Download a mindfulness app and complete an activity.</p> <p>What activity did you complete?</p>

Share how you worked on creating positivity by using #OnOurSleeves on your social media.

ON OUR SLEEVES[®]
The Movement for Children's Mental Health

Wolfson 
Children's Hospital